



Division of
**Nutrition &
Physical Activity**

Indiana Healthy Schools Newsletter

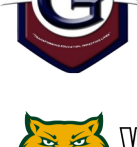
Summer 2023 Edition

2023-2024 YAPA Grantees

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) is excited to announce the chosen 2023-2024 Youth Adolescent Physical Activity (YAPA) grantees. For this one-year grant cycle, the division will fund: **Firefly Children & Family Alliance; Garrett Keyser-Butler Schools; Judah Ministries, Inc.; Lasting Change, Inc.; North Side Elementary School; White River Valley Middle School; and YMCA of Portage Township.**

Each school and organization will focus on providing physical activity and physical education opportunities for youth and adolescents 6-17 years of age (K-12) in the classroom, school and before or after school program settings with various programming and initiatives customized to their unique community. **For more information on the YAPA grant, please contact Emma Smythe at esmythe@health.in.gov.**

FIREFLY
Children & Family Alliance



JUDAH
Ministries Inc

**LASTING
CHANGE**

**NORTH SIDE
ELEMENTARY**



WHITE RIVER VALLEY SCHOOL
HOME OF THE WILDCATS

YOU BELONG

DNPA Receives Grant

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) was recently announced as one of 20 recipients chosen to receive funding through the Centers for Disease Control and Prevention (CDC) School-Based Interventions to Promote Equity and Improve Health, Academic Achievement, and Well-Being of Students grant opportunity. Through this award, IDOH, DNPA will enter a five-year cooperative agreement with the CDC to protect and improve the health and well-being of school-age children and adolescents in underserved and disproportionately affected communities.

IDOH, DNPA will use the [Whole School, Whole Community, Whole Child Model](#) to:

- Establish key partnerships to support school health programs
- Promote dissemination and implementation of CDC school health guidelines, tools, and resources through professional development and technical assistance
- Use action planning to implement physical activity, school nutrition, and school health policies, practices, programs, and services within state and local education agencies, schools, and out-of-school time settings



Professional Development

Get Students Active with Purpose Training

Join [PL3Y, Inc.](#) and the [Indiana Department of Health, Division of Nutrition and Physical Activity \(IDOH, DNPA\)](#) for **FREE "Get Students Active with Purpose" professional development trainings** for K-12 Indiana physical education teachers, health educators, and youth-serving organization program coordinators to engage students in active movement throughout before, during, and afterschool settings and enhance your understanding of physical literacy. Explore new games that develop fundamental movement skills and learn about Teaching Games for Understanding (TGfU), a student-centered approach that develops decision-making and skill acquisition through game-based activities. Discover the benefits of mindfulness and learn practical strategies to promote focus and well-being through dance, brain breaks, indoor recess activities, and more! Leave empowered with practical ideas to improve physical activity and physical literacy in the youth and adolescents you serve.

See Below for Training Locations:

- Fort Wayne:** Wednesday, Sept. 13 from 8:30 a.m.-3 p.m. EDT. at The Boys and Girls Club of Northeast Indiana
[Click here](#) to register and for more details
- South Bend:** Thursday, Sept. 14 from 8:30 a.m.-3 p.m. EDT. at The Beacon Resource Center
[Click here](#) to register and for more details
- Indianapolis:** Tuesday, Sept. 19 from 8:30 a.m.-3 p.m. EDT. at Broad Ripple High School
[Click here](#) to register and for more details
- Terre Haute:** Thursday, Sept. 21 from 8:30 a.m.-3 p.m. EDT. at Indiana State University; Health and Human Services Building
[Click here](#) to register and for more details

***NOTE:** Due to a 40-person maximum for each training, we ask you to register for only one training. This is an active training, with limited sitting involved, so please be prepared to engage in movement and dress comfortably!

For more information on PL3Y, Inc., please visit their [website](#). Please contact Emma Smythe, Youth Physical Activity Coordinator, IDOH, DNPA at esmythe@health.in.gov with any additional questions.



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PL3Y INC.

Other Upcoming Events

- Nourish to Flourish: Indiana Breastfeeding Conference** — Aug. 1 at the Embassy Suites by Hilton Noblesville
- CATCH My Breath (evidence-based vaping prevention program) virtual trainings**—Offering multiple trainings for youth-serving organizations in July-September, see flyer in email attachment for more information, dates, and registration links
- Indiana Youth Institute Webinars:**
 - Updates on Youth Issues from the Legislative Session** — 12-1 p.m. EDT, July 19
 - Stop the Trauma: A Call to Action on Trauma Informed Care for Youth** — 12-1 p.m. EDT, Aug. 16
- Food, Farming, & Sustainability Conference** — Aug. 2-4 in South Bend

**NOURISH TO
FLOURISH**
INDIANA BREASTFEEDING CONFERENCE

CATCH MY BREATH

**INDIANA
YOUTH
INSTITUTE**
Championing Kids. Strengthening Communities.

Job Opportunities

Community Food Systems Manager

- The Indiana Department of Health Division of Nutrition and Physical Activity (IDOH, DNPA) is hiring a Community Food Systems Manager. As part of the SNAP-Ed team, this position facilitates the collaboration of food system partners to develop, support, and sustain projects and programs that further the goals for an equitable, vibrant, and resilient statewide food system. [Learn more and apply here.](#)

NWI Farm to School Coordinator

- The Northwest Indiana Food Council is hiring a farm to school coordinator. This role will be a resource for developing and supporting farm to school efforts in the northwest region, and for the networks and organizations supported by the NWI Food Council. This position will support continued development of organizational farm to school programs. The ideal candidate will excel in this role by building meaningful, lasting relationships and serving as a reliable connector and bridge to stakeholders in the value chain, their respective organizations, and networks. [Learn more and apply here.](#)

Nutrition Resources

Help finding healthy food for families

Summer can be a difficult time for families facing food insecurity to ensure that children receive a full and well-balanced diet in the absence of reliable school meals. Here are some resources for families to help fill that nutritional gap in the summer:

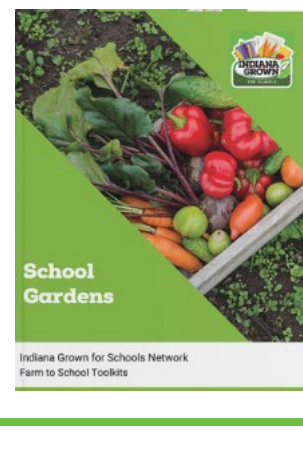
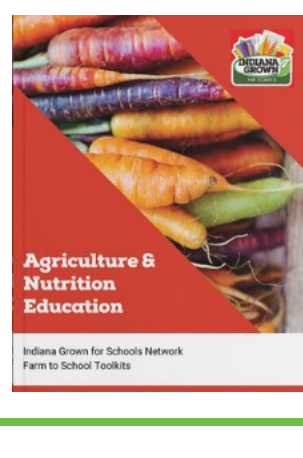
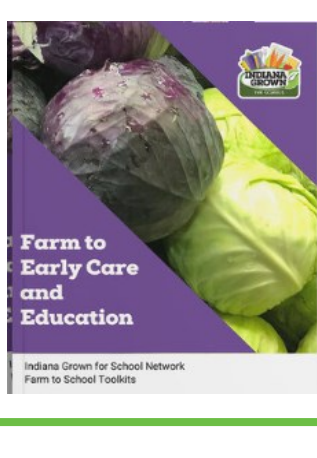
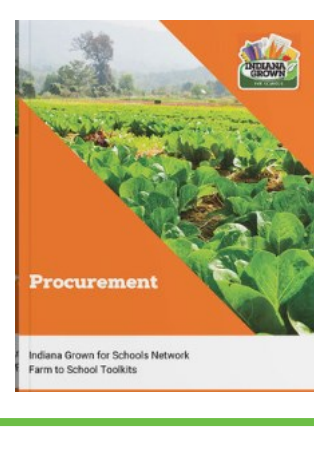
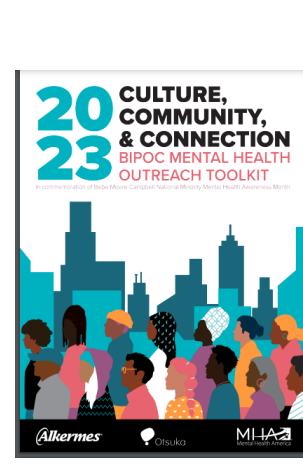
- Summer Food Service Program** Meal sites provide free meals to all children aged 18 and younger (2023 sites forthcoming)
- No Kid Hungry's Free Meals Finder** (or text FOOD to 304-304)
- Feeding Indiana's Hungry Find Your Food Bank map**
- Dial 211 or visit [the Indiana 211 website](#) to get connected to various local resources from food pantries to housing assistance
- Call USDA's National Hunger Hotline (1-866-3-HUNGRY or 1-877-8-HAMBRE) to find meal resources near you
- Download the [Community Compass](#) app to find free groceries, free meals, SNAP stores, WIC stores, and WIC clinics near you



Featured Toolkits

Check Out These School Health, Nutrition, Self-Care and Mental Health Toolkits

- [IDOH, DNPA Healthy Schools Toolkit](#)
- [Indiana Grown for School Toolkits](#)
- [Mental Health America's BIPOC Mental Health Toolkit](#)
- [Alliance for Healthier Generation and Kohl's Cares Self-Care Summer Toolkit](#)



If you would like more information on school health or have content to share, please contact the Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA).

[Click here](#) to subscribe or unsubscribe to our newsletter.

Visit our [webpage](#) for other resources and archived newsletters.

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To **promote, protect, and improve** the health and safety of all Hoosiers

Indiana Department of Health

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